

## 24 Hour Fitness - Sunnyvale

sunnyvale

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## 24 Hour Fitness - Sunnyvale

### Experience the Best at 24 Hour Fitness in Sunnyvale, California

If you're looking for a gym that combines convenience, accessibility, and a welcoming atmosphere, look no further than the 24 Hour Fitness located in Sunnyvale, California. This facility prides itself on providing top-notch amenities while catering to a diverse community of fitness enthusiasts.

### Amenities That Elevate Your Workout

At 24 Hour Fitness, the amenities available are extensive. The gym features a **\*\*swimming pool\*\*** where you can cool off after an intense workout or take part

in swimming lessons. For those who appreciate relaxation post-exercise, the **sauna** provides a perfect retreat with its two heaters, helping to soothe your muscles and promote recovery. In addition, you'll find **wheelchair-accessible facilities**, including a **wheelchair-accessible entrance** and **toilet**, ensuring comfort for all members. The **wheelchair-accessible car park** adds to the convenience, making it easier for everyone to access the gym.

## **Community and Atmosphere**

The **atmosphere** at 24 Hour Fitness is one of its standout features. Many members have expressed their appreciation for the supportive and friendly environment. With classes led by energetic instructors like Emily, known for her vibrant Zumba sessions, and Christina, who leads the popular Silver Sneakers class, you'll find motivational coaching that makes every workout enjoyable. Members often mention how the gym feels less crowded, especially during evening hours, allowing for a more personalized experience while using the equipment. This focus on a welcoming community encourages individuals to stay active and engaged with their fitness goals.

## **Accessibility and Convenience**

Planning your workouts around a busy schedule? The **Wi-Fi** available throughout the gym ensures you can stay connected while you exercise. Whether it's checking your favorite fitness app or streaming your workout playlist, this feature enhances your experience. However, it's important to note that a **membership is required** to utilize these facilities and participate in group classes. Members have highlighted the regular cleanliness of locker rooms and workout areas, emphasizing the staff's commitment to maintaining a hygienic environment.

## **Room for Improvement**

While the gym excels in several areas, some feedback indicates a need for improved communication from management. Issues such as broken equipment and the scheduling of cleaning times for locker rooms can affect member experiences. Ensuring timely maintenance and addressing member concerns promptly would greatly enhance overall satisfaction. Additionally, the availability of group classes could be expanded to cater to various interests and fitness levels. Current offerings include yoga and Body Pump classes, which are highly praised for their structure and coaching.

## **Conclusion**

Overall, the 24 Hour Fitness in Sunnyvale presents a solid option for those seeking a conveniently located gym with ample amenities and a friendly community atmosphere. With continued attention toward improving member feedback and facility maintenance, this gym has the potential to elevate the fitness experience even further. Whether you're aiming to swim, hit the weights,

or join an exhilarating group class, this gym has something for everyone. Don't forget to explore the **\*\*showers\*\*** and other essential facilities designed to enhance your workout routine!

**The business is situated at**

150 E Fremont Ave, 94087 Sunnyvale, California - United States (US)

The contact phone of the respective **Gym** is +1408-737-8600

And if you want to send a WhatsApp, you can do so at +1408-737-8600

**You can visit us at the following hours:**

Day	Hours
Monday	5?AM–10?PM
Tuesday	5?AM–8?PM
Wednesday	8?AM–8?PM
Thursday	8?AM–8?PM
Friday	5?AM–10?PM
Saturday	5?AM–10?PM
Sunday	5?AM–10?PM

The website is 24 Hour Fitness

If you need to update any information that you consider is incorrect concerning this portal, please send a message and we will correct it at the earliest convenience. With anticipation thanks for your cooperation.

## Images

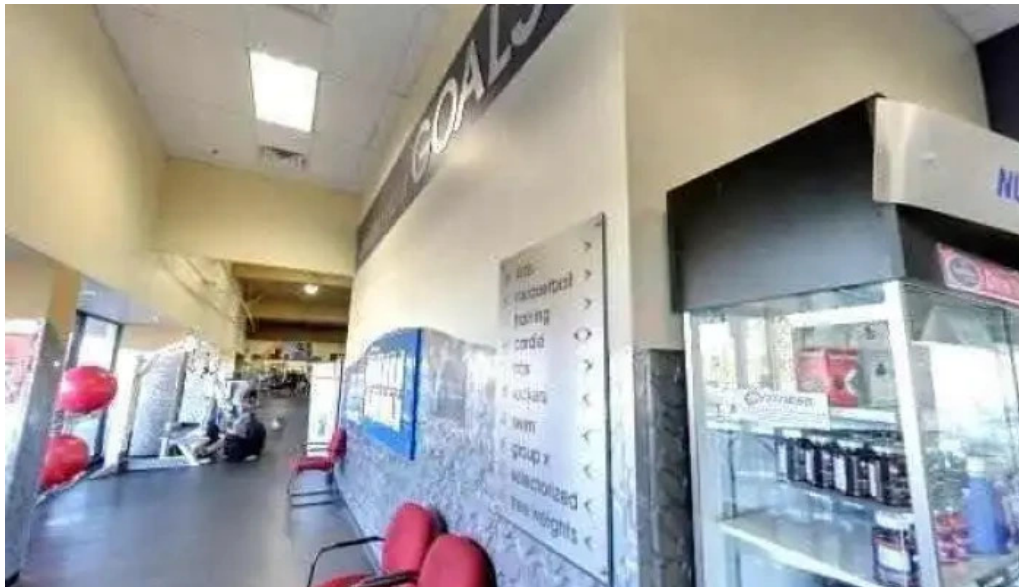


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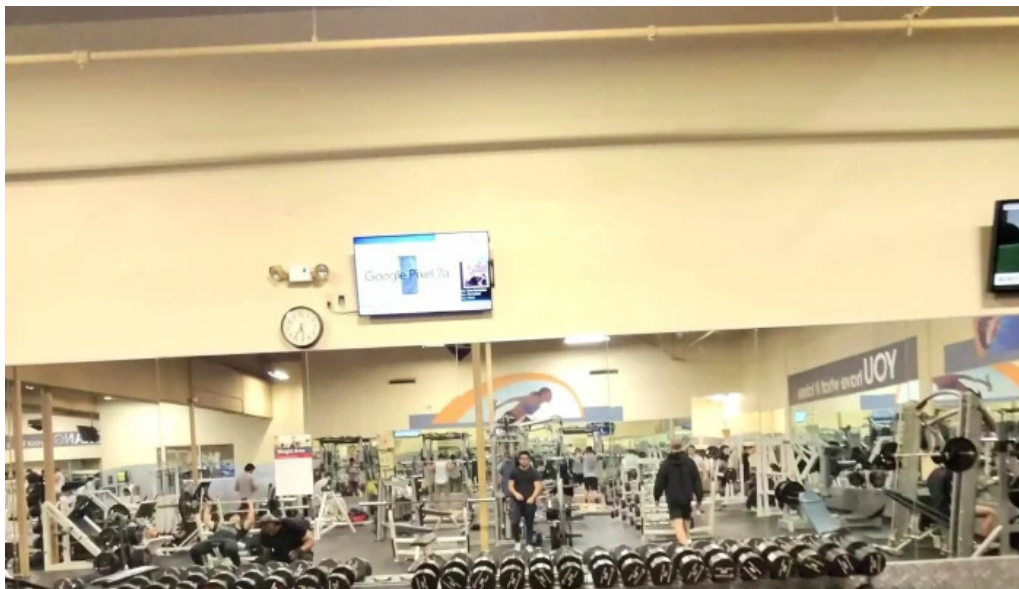


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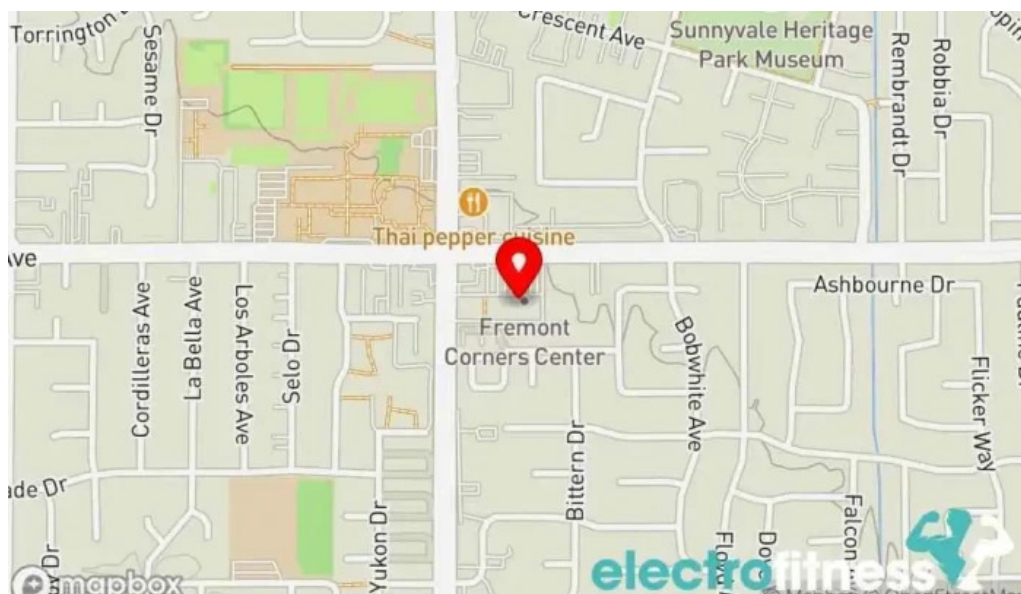
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24 hour fitness all

## Tags

*Accessibility, Membership required, Swimming pool, Amenities, Wheelchair-accessible entrance, Wheelchair-accessible toilet, Planning, Wi-Fi, Toilet, Shower, Atmosphere, Sauna, Wheelchair-accessible car park, Offerings*

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country club
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cultural center
dance club
dance company



dance school
day spa
department store
disability services and support organization
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discount store
dive shop
dollar store
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outdoor sports store
outdoor swimming pool
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parkour spot
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pharmacy
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